110TH CONGRESS 1ST SESSION

H. R. 3257

To amend the Elementary and Secondary Education Act of 1965 to improve standards for physical education.

IN THE HOUSE OF REPRESENTATIVES

July 31, 2007

Mr. KIND (for himself, Mr. Wamp, and Mr. Inslee) introduced the following bill; which was referred to the Committee on Education and Labor

A BILL

To amend the Elementary and Secondary Education Act of 1965 to improve standards for physical education.

- 1 Be it enacted by the Senate and House of Representa-
- 2 tives of the United States of America in Congress assembled,
- 3 SECTION 1. SHORT TITLE.
- 4 This Act may be cited as the "Fitness Integrated
- 5 with Teaching Kids Act" or the "FIT Kids Act".
- 6 SEC. 2. DEFINITIONS.
- 7 In this Act:
- 8 (1) State educational agency.—The term
- 9 "State educational agency" has the meaning given

1	such term in section 9101 of the Elementary and
2	Secondary Education Act of 1965 (20 U.S.C. 7801).
3	(2) Local educational agency.—The term
4	"local educational agency" has the meaning given
5	such term in section 9101 of the Elementary and
6	Secondary Education Act of 1965 (20 U.S.C. 7801).
7	(3) Secretary.—The term "Secretary" means
8	the Secretary of Education.
9	SEC. 3. FINDINGS.
10	Congress makes the following findings:
11	(1) Obesity-related diseases cost the United
12	States economy more than \$100,000,000,000 every
13	year.
14	(2) Of all United States deaths from major
15	chronic disease, 23 percent are linked to sedentary
16	lifestyles that now begin at childhood.
17	(3) Overweight adolescents have a 70 percent
18	chance of becoming overweight adults, increasing
19	their risk for chronic disease, disability, and death.
20	(4) Childhood obesity has reached epidemic pro-
21	portions in the United States.
22	(5) In 2004, an estimated 9,900,000 children
23	and adolescents ages 6 through 19 were considered

overweight.

- 1 (6) The Department of Health and Human 2 Services estimates that, by 2010, 20 percent of chil-3 dren and youth in the United States will be obese.
 - (7) A decline in physical activity has contributed to the unprecedented epidemic of childhood obesity.
 - (8) Part of the decline in physical activity has been in our Nation's schools, where physical education programs have been cut back in the past two decades.
 - (9) Between 1991 and 2003, enrollment of high school students in daily Physical Education classes fell from 41.6 percent to 28.4 percent.
 - (10) Among children ages 9 to 13, 61.5 percent do not participate in any organized physical activity during out-of-school hours.
 - (11) In a 2005 Government Accountability Office report on key strategies to include in programs designed to target childhood obesity, "increasing physical activity" was identified as the most important component in any such program.
 - (12) The Dietary Guidelines for Americans recommend that children engage in at least 60 minutes of physical activity on most, preferably all, days of the week.

1	(13) The national standard for physical edu-
2	cation frequency is 150 minutes per week in elemen-
3	tary school and 225 minutes per week in middle and
4	high school.
5	(14) Regular physical activity is associated with
6	a healthier, longer life and a lower risk of cardio-
7	vascular disease, high blood pressure, diabetes, obe-
8	sity, and some cancers.
9	(15) Evidence suggests that physical activity
10	may have a positive impact on academic perform-
11	ance, self-concept, and symptoms of anxiety and de-
12	pression.
13	(16) Approximately 81 percent of adults believe
14	daily physical education should be mandatory in
15	schools.
16	SEC. 4. MULTIPLE MEASURES FOR ACCOUNTABILITY.
17	For purposes of section 1111(b)(2) of the Elementary
18	and Secondary Education Act of 1965, each State ac-
19	countability system shall not only be based on academic
20	assessments, but shall also be based on additional indica-
21	tors. Such indicators shall include—
22	(1) demonstrated progress toward meeting the
23	national goal for required physical education that

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1	(A) 150 minutes per week for all students
2	in elementary schools; and
3	(B) 225 minutes per week for all students
4	in middle and high schools; and
5	(2) attendance rates at required physical edu-
6	cation classes.
7	SEC. 5. REPORT CARDS.
8	Section 1111(h) of the Elementary and Secondary
9	Education Act of 1965 is amended—
10	(1) in paragraph (1)(C)—
11	(A) in clause (vii) by striking "and" at the
12	end;
13	(B) in clause (viii) by striking the period
14	at the end and inserting a semicolon;
15	(C) by adding at the end the following:
16	"(ix) the amount of time students
17	spend in required physical education as
18	measured against the national standards of
19	150 minutes per week of required physical
20	education for students in elementary school
21	and 225 minutes per week of required
22	physical education for students in middle
23	and high school;
24	"(x) the percentage of local edu-
25	cational agencies in the State that have a

1	required, age-appropriate physical edu-
2	cation curriculum for all students in ele-
3	mentary, middle and high schools that ad-
4	heres to national guidelines adopted by the
5	Center for Disease Control and Prevention
6	and State standards;
7	"(xi) the percentage of elementary
8	and secondary school physical education
9	teachers who are State licensed or certified
10	as physical education teachers; and
11	"(xii) the percentage of schools that
12	have a School Health Council that includes
13	parents, students, representatives of the
14	school food authority, representatives of
15	the school board, school administrators
16	and members of the public and that meets
17	monthly to promote a healthy school envi-
18	ronment.";
19	(2) in paragraph (2)(B)(i)—
20	(A) in subclause (I) by striking "and" at
21	the end;
22	(B) in subclause (II) by striking "and" at
23	the end;
24	(C) by adding at the end the following:

1	"(III) the amount of time stu-
2	dents spend in required physical edu-
3	cation as measured against the na-
4	tional standards of 150 minutes per
5	week of required physical education
6	for students in elementary school and
7	225 minutes per week of required
8	physical education for students in
9	middle and high school;
10	"(IV) the percentage of elemen-
11	tary and secondary school physical
12	education teachers who are State cer-
13	tified as physical education teachers;
14	and
15	"(V) the amount of square feet
16	of indoor and outdoor facilities that
17	are primarily used for physical edu-
18	cation and the amount of square feet
19	of indoor and outdoor facilities that
20	are primarily used for physical activ-
21	ity; and"; and
22	(3) in paragraph (2)(B)(ii)—
23	(A) in subclause (I) by striking "and" at
24	the end;

1	(B) in subclause (II) by striking the period
2	at the end and inserting a semicolon; and
3	(C) by adding at the end the following:
4	"(III) the amount of time stu-
5	dents spend in required physical edu-
6	cation as measured against the na-
7	tional standards of 150 minutes per
8	week of required physical education
9	for students in elementary school and
10	225 minutes per week of required
11	physical education for students in
12	middle and high school;
13	"(IV) the percentage of elemen-
14	tary and secondary school physical
15	education teachers who are State cer-
16	tified as physical education teachers;
17	and
18	"(V) the number of meetings of a
19	School Health Council that includes
20	parents, students, representatives of
21	the school food authority, representa-
22	tives of the school board, school ad-
23	ministrators and members of the pub-
24	lic during the school year.".

1	SEC. 6. PROMOTING PHYSICAL EDUCATION AND ACTIVITY
2	IN SCHOOL PROGRAMS.
3	(a) Elementary and Secondary School Coun-
4	SELING PROGRAMS.—Section 5421(c)(2) of the Elemen-
5	tary and Secondary Education Act of 1965 is amended
6	in subsection (c)(2)—
7	(1) in subparagraph (A) by striking "coun-
8	seling" and inserting "counseling, health,"; and
9	(2) in subparagraph (E) by inserting "healthy,
10	active lifestyles," after "relationships,".
11	(b) SAFE AND DRUG-FREE SCHOOLS AND COMMU-
12	NITIES.—
13	(1) State application.—Section 4113(a) of
14	the Elementary and Secondary Education Act of
15	1965 is amended—
16	(A) in paragraph (18) by striking "and" at
17	the end;
18	(B) by redesignating paragraph (19) as
19	(20); and
20	(C) by inserting after paragraph (18) the
21	following:
22	"(19) describes how activities funded under this
23	part will foster a healthy lifestyle for children includ-
24	ing encouraging healthy eating and regular physical
2.5	activity: and"

1	(2) Authorized activities.—Section
2	4115(b)(1)(C) of that Act is amended—
3	(A) in clause (i) by striking "and" at the
4	end; and
5	(B) by adding at the end the following:
6	"(iii) encourage a healthy lifestyle in-
7	cluding healthy eating and regular physical
8	activity; and".
9	(c) Smaller Learning Communities.—Section
10	5441(b) of the Elementary and Secondary Education Act
11	of 1965 is amended by adding at the end the following:
12	"(14) How the local educational agency will en-
13	sure that smaller learning communities support
14	healthy lifestyles including participation in physical
15	education and physical activity by all students and
16	access to nutritious food and nutrition education.".
17	(d) 21st Century Community Learning Cen-
18	TERS.—
19	(1) Purpose; definitions.—Section 4201 of
20	the Elementary and Secondary Education Act of
21	1965 is amended—
22	(A) in subsection (a)(2) by inserting "nu-
23	trition education programs, structured physical
24	activity programs," after "recreation pro-
25	grams,"; and

1	(B) in subsection $(b)(1)$ by inserting "nu-
2	trition education, structured physical activity,"
3	after "recreation,".
4	(2) Local competitive grant program.—
5	Section 4204(b)(2) of that Act is amended—
6	(A) in subparagraph (M) by striking
7	"and" at the end;
8	(B) by redesignating subparagraph (N) as
9	(O); and
10	(C) by inserting after subparagraph (M)
11	the following:
12	"(N) an assurance that the proposed pro-
13	gram is coordinated with the physical education
14	and health education programs offered during
15	the school day; and".
16	(3) Local activities.—Section 4205(a) of
17	that Act is amended—
18	(A) in paragraph (11) by striking "and" at
19	the end;
20	(B) in paragraph (12) by striking the pe-
21	riod at the end and inserting "; and"; and
22	(C) by adding at the end the following:
23	"(13) programs that support a healthy, active
24	lifestyle including nutritional education and regular,
25	structured physical activity programs.".

1	(e) Parental Involvement.—Section 1118 of the
2	Elementary and Secondary Education Act of 1965 is
3	amended—
4	(1) in subsection (a)(2)—
5	(A) in subparagraph (E) by striking "and"
6	at the end;
7	(B) by redesignating subparagraph (F) as
8	(G); and
9	(C) by inserting after subparagraph (E)
10	the following:
11	"(F) involve and train parents in encour-
12	aging and supporting a healthy and active life-
13	style including increased physical activity dur-
14	ing and outside the school day and supporting
15	nutritional eating habits in the home and
16	school; and".
17	(2) in subsection (d)—
18	(A) in the subsection heading by inserting
19	after "Achievement" the following: "of Active,
20	Healthy Students";
21	(B) in the matter preceding paragraph (1)
22	by striking "standards." and inserting "stand-
23	ards and for ensuring that all children lead
24	healthy, active lives."; and
25	(C) in paragraph (1)—

1	(i) by inserting after "supportive" the
2	following: ", healthy,"; and
3	(ii) by inserting after "extracurricular
4	time" the following: "and supporting their
5	children in leading a healthy and active
6	life, such as by providing healthy meals
7	and snacks, encouraging participation in
8	physical education, and sharing in physical
9	activity outside of the school day.";
10	(3) in subsection (e)—
11	(A) by redesignating paragraphs (6)
12	through (14) as (7) through (15), respectively;
13	and
14	(B) by inserting after paragraph (5) the
15	following:
16	"(6) shall ensure that parents and teachers
17	have information about the importance of a healthy
18	lifestyle, including nutrition, physical education and
19	physical activity, to an effective learning environ-
20	ment and shall coordinate with parents and teachers
21	to ensure that children are provided with nutritious
22	meals and snacks, and have ample opportunities for
23	physical education and physical activity during and
24	outside the school day;".

1	(f) Parental Assistance and Location Family
2	Information Centers.—
3	(1) Purposes.—Section 5561 of the Elemen-
4	tary and Secondary Education Act of 1965 is
5	amended by adding at the end the following:
6	"(7) To provide information and training to
7	parents and educators about the importance of a
8	healthy, active lifestyle and its positive impact on ef-
9	fective learning, and on how to support good eating
10	habits, regular physical activity and other activities
11	that will lead to better performance in school.".
12	(2) Applications.—Section 5563(b)(2) of that
13	Act is amended—
14	(A) in subparagraph (B) by striking "and"
15	at the end;
16	(B) in subparagraph (C) by adding "and"
17	at the end; and
18	(C) by adding at the end the following:
19	"(D) representatives of health profes-
20	sionals and physical education professionals
21	with expertise on improving the health and
22	physical activity rates of children;".
23	(3) Uses of funds.—Section 5564(a) of that
24	Act is amended by adding at the end the following:

- 1 "(7) To help parents understand the impor-2 tance of a healthy, active lifestyle and its positive 3 impact on effective learning, and on how to support 4 good eating habits, regular physical activity and 5 other activities that will lead to better performance 6 in school.". 7 (4)ADMINISTRATIVE PROVISIONS.—Section 8 5565(b)(1) of that Act is amended by adding at the 9 end the following: 10 "(F) The strategies used to help parents 11 understand the importance of a healthy, active 12 lifestyle and its positive impact on effective 13 learning, and on how to support good eating 14 habits, regular physical activity and other ac-15 tivities that will lead to better performance in 16 school.". 17 (g) Healthy High-Performing Schools.—Section 5583(a) of the Elementary and Secondary Education 18
- 20 (1) in paragraph (2) by striking "and" at the end:
- 22 (2) in paragraph (3) by striking the period at 23 the end and inserting "; and"; and
- 24 (3) by adding at the end the following:

Act of 1965 is amended—

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1	"(4) support healthy, active lifestyles for chil-
2	dren including adequate space and facilities for su-
3	pervised, structured physical activity and physical
4	education.".
5	SEC. 7. PROFESSIONAL DEVELOPMENT FOR TEACHERS
6	AND PRINCIPALS.
7	(a) State Applications.—Section 2112(b) of the
8	Elementary and Secondary Education Act of 1965 is
9	amended by adding at the end the following:
10	"(13) A description of how the State edu-
11	cational agency will use funds under this part to
12	provide professional development that is directly re-
13	lated to the fields of physical education and health
14	education to physical education teachers and health
15	education teachers to ensure that children are lead-
16	ing healthy, active lifestyles that are conducive to ef-
17	fective learning.".
18	(b) State Use of Funds.—Section 2113(c)(6) of
19	that Act is amended—
20	(1) by striking "in cases in which a State edu-
21	cational agency determines support to be appro-
22	priate,"; and
23	(2) by inserting ", physical education teachers,
24	and health education teachers" after "pupil services
25	personnel".

1	(c) Local Applications and Needs Assess-
2	MENT.—Section 2122(b)(9) of that Act is amended—
3	(1) in subparagraph (C) by striking "and" at
4	the end;
5	(2) in subparagraph (D) by striking the period
6	at the end and inserting "; and; and
7	(3) by adding at the end the following:
8	"(E) improve the health and eating habits
9	of students and increase rates of physical activ-
10	ity of students.".
11	(d) Local Use of Funds.—Section 2123(a)(3) of
12	that Act is amended—
13	(1) in subparagraph (A)—
14	(A) in clause (i) by striking "and" at the
15	end; and
16	(B) by adding at the end the following:
17	"(iii) effective strategies for improving
18	the healthy habits of students and the
19	rates of physical activity by students that
20	result in the ability to learn more effec-
21	tively; and"; and
22	(2) in subparagraph (B)—
23	(A) in clause (iv) by striking "and" at the
24	end:

1	(B) in clause (v) by striking the period at
2	the end and inserting "; and; and
3	(C) by adding at the end the following:
4	"(vi) provide training in how to teach
5	physical education and health education
6	that results in the ability of students to
7	learn more effectively.".
8	SEC. 8. STUDY AND PILOT PROGRAM.
9	Title V of the Elementary and Secondary Education
10	Act of 1965 is amended by adding at the end the fol-
11	lowing:
12	"Subpart 22—Study and Pilot Program
13	"SEC. 5621. STUDY AND PILOT PROGRAM.
14	"(a) National Academy of Sciences Panel and
15	STUDY.—Not later than 180 days after the date of enact-
16	ment of this section, the Secretary shall enter into a con-
17	tract with the National Research Council of the National
18	Academy of Sciences to—
19	"(1) study and provide specific recommenda-
20	tions for—
21	"(A) effectively measuring the progress of
22	students, at the school level, in improving their
23	health and well-being, including—
24	"(i) nutritional knowledge and aware-
25	ness;

1	"(ii) cognitive development and fitness
2	improvement in physical education;
3	"(iii) knowledge of lifetime physical
4	activity and health promotion;
5	"(iv) decrease in obesity; and
6	"(v) improvement in overall health in-
7	dicators; and
8	"(B) effectively measuring the progress of
9	students, at the school level in increasing phys-
10	ical activity;
11	"(2) study the impact of health, level of phys-
12	ical activity, and amount of physical education on
13	students' ability to learn effectively and maximize
14	performance in school;
15	"(3) study the amount of time children spend
16	in moderate-to-vigorous physical activity during
17	physical education classes;
18	"(4) study and provide specific recommenda-
19	tions for the impact of parents on the health and
20	level of physical activity on children and how schools
21	can effectively engage parents in a partnership to
22	improve the health and physical activity of all stu-
23	dents;
24	"(5) study and provide specific recommenda-
25	tions for innovate and effective ways to improve the

1	health of children, reduce child obesity and increase
2	physical activity of all students;
3	"(6) study the changes to the school environ-
4	ment needed to improve health and participation in
5	physical activity;
6	"(7) study the effectiveness and impact of local
7	school wellness councils;
8	"(8) study the effectiveness and impact of phys-
9	ical fitness testing;
10	"(9) study the impact of regular physical activ-
11	ity on brain development and cognitive ability in
12	children; and
13	"(10) consider further research recommenda-
14	tions regarding youth that will be incorporated into
15	the Physical Activity Guidelines for Americans
16	(2008).
17	"(b) Members of the Panel.—The members of
18	the panel shall include—
19	"(1) experts in child health and nutrition;
20	"(2) experts in education;
21	"(3) experts in physical education; and
22	"(4) representatives of academia, relevant gov-
23	ernment agencies and local schools.
24	"(c) Report.—The panel shall issue a report no
25	later than 18 months after the contract in subsection (a)

- 1 has been agreed to that makes specific recommendations
- 2 on addressing the goals in paragraphs (1) through (3) of
- 3 subsection (a).
- 4 "(d) Authorization of Appropriations.—There
- 5 are authorized to be appropriated for fiscal year 2008
- 6 such sums as may be necessary to carry out this section.".

7 SEC. 9. GRANT PROGRAM.

- 8 Title V of the Elementary and Secondary Education
- 9 Act of 1965 is further amended by adding at the end the
- 10 following:

"Subpart 23—Physical Activity and Physical

- 12 Education
- 13 "SEC. 5631. PHYSICAL ACTIVITY AND PHYSICAL EDUCATION
- 14 ASSESSMENT INCENTIVE GRANTS.
- 15 "(a) Purpose.—The purpose of this subpart is to
- 16 award grants to develop, pilot, and implement high-qual-
- 17 ity, valid, and reliable assessments that measure cognitive
- 18 development in physical education and physical activity
- 19 skills, motor skills development, and how much students
- 20 value physical activity for health, enjoyment, challenge,
- 21 self-expression and social interaction as part of a com-
- 22 prehensive plan to improve the physical, academic, social,
- 23 and mental health of children and youth.
- 24 "(b) Program Authorized.—The Secretary is au-
- 25 thorized to award grants to States or partnerships of

1	States to develop, pilot, and implement high-quality, valid
2	and reliable assessments that measure cognitive develop-
3	ment in physical education and physical activity skills
4	motor skills development, and how much students value
5	physical activity for health, enjoyment, challenge, self-ex-
6	pression, and social interaction.
7	"(c) Eligibility and Application Require-
8	MENTS.—
9	"(1) Eligibility.—In order to be eligible to
10	receive an award under this subpart, an applicant
11	shall—
12	"(A) be a State or partnership of States
13	"(B) have a comprehensive plan for ad-
14	dressing the physical education, physical activ-
15	ity, and health needs of the children and youth
16	attending schools in the State or States that in-
17	cludes—
18	"(i) a plan for reaching the national
19	goal of 150 minutes of required physical
20	education for elementary school students
21	and 225 minutes of required physical edu-
22	cation for secondary school students over
23	time;
24	"(ii) support for the ongoing imple-
25	mentation of local school wellness plans as

1	required in the Child Nutrition and WIC
2	Reauthorization Act of 2004;
3	"(iii) a plan for reaching the national
4	goal of 30 minutes of physical activity in
5	school each day for every child;
6	"(iv) a public and parent engagement
7	and education plan on the benefits of phys-
8	ical education, physical activity and
9	healthy life skills; and
10	"(v) a plan for increasing the avail-
11	ability of high-quality professional develop-
12	ment for teachers of physical education
13	and health education that is directly re-
14	lated to their field.
15	"(2) Application requirements.—In order
16	to receive an award under this subpart, an eligible
17	applicant shall submit an application to the Sec-
18	retary at such time, and containing such information
19	as the Secretary may require. The application shall
20	include each of the following:
21	"(A) A description of the proposed project,
22	including a plan for developing, piloting and im-
23	plementing a high-quality, valid and reliable as-
24	sessment that measures cognitive development
25	in physical education and physical activity

skills, motor skills development, and how much students value physical activity for health, enjoyment, challenge, self-expression, and social interaction.

- "(B) A description of how the proposed plan will be coordinated with the plans described in paragraph (1)(B).
- "(C) An assurance that the results of the assessment will be disaggregated by race, ethnicity, gender, disability status, migrant status, English proficiency, and status as economically disadvantaged, except that such disaggregation shall not be required in a case in which the number of students in a category is insufficient to yield statistically reliable information or the results would reveal personally identifiable information about an individual student.
- "(D) A plan for reporting the results of the assessment annually to the public by State, district, and school, with the results being disaggregated by race, ethnicity, gender, disability status, migrant status, English proficiency, and status as economically disadvantaged, except that such disaggregation shall not be required in a case in which the number of

1	students in a category is insufficient to yield
2	statistically reliable information or the results
3	would reveal personally identifiable information
4	about an individual student.
5	"(E) A plan for the evaluation of the effec-
6	tiveness of the assessments implemented and
7	for continuous improvement of the assessments.
8	"(3) Required uses of funds.—A recipient
9	shall use funds under this subpart for—
10	"(A) developing, piloting, and imple-
11	menting a high-quality, valid, and reliable as-
12	sessment that measures cognitive development
13	in physical education and physical activity
14	skills, motor skills development, and how much
15	students value physical activity for health, en-
16	joyment, challenge, self-expression and social
17	interaction;
18	"(B) coordinating the assessment plan
19	with the other plans described in paragraph
20	(1)(B);
21	"(C) ongoing evaluation of the assessment;
22	and
23	"(D) public reporting.
24	"(4) Report to the secretary.—A recipient
25	shall report annually to the Secretary on—

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"(A) the progress in developing, piloting, and implementing a high-quality, valid, and reliable assessment that measures cognitive development in physical education and physical activity skills, motor skills development, and how much students value physical activity for health, enjoyment, challenge, self-expression and social interaction;

"(B) the quality of the assessment; and

"(C) the results of the assessment once it is implemented, disaggregated by race, ethnicity, gender, disability status, migrant status, English proficiency, and status as economically disadvantaged, except that such disaggregation shall not be required in a case in which the number of students in a category is insufficient to yield statistically reliable information or the results would reveal personally identifiable information about an individual student.

"(d) AUTHORIZATION OF APPROPRIATIONS.—There 20 is authorized to be appropriated such sums as may be nec-22 essary to carry out this section for fiscal year 2008 and 23 each of the following fiscal years.".